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NEWS WORTH SHARING.

Taxman goes after Lord Black

Conrad Black is locking horns with the CRA over taxes filed in 2002 PAGE 9

Cyrano for hire

E-dating ghostwriters strive to help you look your best in your online profile PAGE 19

Sea change in this linguini

Zesty oven-roasted seafood over pasta is quick to prepare PAGE 18

SCHWARZENEGGER'S GOT NOTHING ON THIS

ACTOR DILLON CASEY GIVES YOU A GLIMPSE INTO HIS WORKOUT ROUTINE, AND OFFERS A WARNING TO THE MUSCULAR SCHWARZENEGGER TYPES PAGE 16

A medical assistant prepares a measles, mumps and rubella vaccination at a clinic in Walsenburg, Colo. Simon Fraser University has drawn the ire of medical experts for its plan to host an anti-vaccine symposium on Tuesday.

JOHN MOORE/GETTY IMAGES FILE

Anti-vaccine conference needles critics

SFU. Forum featuring parents who claim vaccinations hurt or killed their kids

A controversial conference on the safety of vaccines, set to be held at Simon Fraser University on Tuesday, is drawing criticism from experts, who charge it's akin to an SFU-sanctioned debate on the widely accepted theory of evolution.

A Vancouver group claims to have 10,000 to 50,000 supporters globally, most of them parents concerned about the debunked 1998 hypothesis that the vaccination for measles, mumps and rubella (MMR) causes autism.

Citing 20 peer-reviewed studies that have settled the question, Dr. Paul Offit, chief of pediatric immunology at the Children's Hospital of Philadelphia, said parents who are truly concerned should read the primary literature.

"If vaccines caused (autism) in one in 100,000 people, it would easily be picked up in a retrospective study," he said. "And it hasn't been picked up, for one of two reasons: Either, one, because it's not there to be picked up, or, two, because there's a vast international conspiracy to hide the truth. I'm going to go with A."

Joel Lord, the Vancouver-based founder of the Vaccine Resistance Movement, is going with B. When asked why there are no studies supporting the purported link between autism and vaccines, he claimed "vaccine injuries" often go unreported because parents are ashamed to report them and scientific dissidents can't get their studies funded.

Among those set to speak on Tuesday at SFU's downtown campus are a PhD immunologist, a naturopath and an independent researcher, as well as the parents of five children who claim their kids were harmed or killed by vaccines.

Reached by phone on Monday, Offit shared an anecdote about having seen three children come into his hospital two weeks ago with diseases for which they had not been vaccinated.

"One of those three children died," he said.

"I just think people play with fire here, and if people really want to feel compelled to get vaccines, as compelled as I was to give them to my children, work in a big-city hospital and see what happens."

KATE WEBB/METRO

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Search for other bodies

Woman's body, truck pulled from Fraser in Chilliwack

Chilliwack RCMP pulled the body of a 36-year-old woman from the Fraser River early Monday morning.

A pushed-over concrete barrier and a sheared-off power pole at the intersection of McDonald Road and Ballam Road suggested a vehicle had gone in the water. A submerged Ford F-150 was found later that morning.

Chilliwack RCMP Const. Tracy Wolbeck said police are now searching for any additional bodies, but "we are very hopeful that there are no further victims involved." LIAM BRITTEN/METRO

Two homes broken into

Alleged cat burglar caught in Abbotsford

Police charged 23-year-old Brett Thomas of Abbotsford with two counts of breaking-and-entering Monday after two Abbotsford homes were broken into on March 3.

In both cases, Thomas allegedly climbed in through unlocked ground-floor windows in the early morning while families were asleep.

"To have cat burglaries, they're very unusual and concerning because you have potential victims in their homes," Abbotsford Police Department Const. Ian MacDonald said.

Thomas was arrested March 7 and has no previous offences, MacDonald said. LIAM BRITTEN/METRO

The George Massey Tunnel, shown here, will last only 10 to 15 years and must be fixed to deal with growing congestion. COURTESY OF PROVINCE OF B.C.

Plans for pricey upgrade of Massey Tunnel zip along as transit stalls

Final options. Choices include upgrading it or replacing it with a bridge or tunnel

EMILY JACKSON
emily.jackson@metronews.ca

Rush-hour traffic may crawl through the George Massey Tunnel, but plans for a massive makeover of the aging infrastructure are zooming through government processes.

The province released its final five options for the tunnel's future on Monday, just five months after it announced plans to replace the tunnel within 10 years.

TransLink, meanwhile, took three years to study rapid-transit options along Vancouver's Broadway corridor and in Surrey before releasing its final options last week.

All projects, both transit and the tunnel from Delta to Richmond, will come with price tags that end in billion.

While the tunnel's cost ultimately depends on the final design, recent local experience has shown crossings of this magnitude cost "in the billions, not millions," government spokeswoman Kate Trotter said in an email.

Choices for the tunnel include upgrading it and adding new crossings, or destroying it and replacing it with a bridge or tunnel.

The existing tunnel will last only 10 to 15 years and must be fixed to deal with growing congestion. More than 80,000 vehicles use the route daily, according to the province.

The tunnel, which opened in 1959, cost $29 million. The original Port Mann Bridge, built five years later, cost $25 million and was replaced for $3.3 billion. About 115,000 to 125,000 vehicles cross the Port Mann daily.

The upgrade plans come as mayors clamour for more transit around the region.

Instead of the province making decisions on huge projects in isolation, there should be a regional discussion at Metro Vancouver's transportation committee, Vancouver Coun. Geoff Meggs said.

The province's basic approach seems to be "We've got it — let's build another one bigger," Meggs said, adding such decisions should be people- and goods-oriented rather than car-oriented.

TransLink's options are based on a "much more comprehensive analysis of where people are coming from and the regional needs" than the tunnel options, he added.

The province will host public meetings on the tunnel in Richmond, Surrey and Delta this month (details at masseytunnel.ca).

Both Port Metro Vancouver and the Fraser Surrey Docks have expressed support for getting rid of the tunnel, as it makes the river too shallow for large ocean vessels to navigate the river.

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Student support for U-Pass high as referendums get underway

Low-cost transit. From modest support in the early years, U-Pass extension expected to win more than 90 per cent of votes cast

LIAM BRITTEN
vancouver@metronews.ca

Eleven years ago, the U-Pass was controversial.

Now students can hardly imagine life without it.

"I use it every day," said Humza Khan of the Simon Fraser Student Society. "If I wasn't using it, I'd be paying $170 every month instead of the usual $30."

The 11 participating schools are in the midst of referendums to approve a three-year extension of the U-Pass.

UBC's referendum ended on Jan. 25, and 96.4 per cent of students voted to keep the transit pass.

"We were very delighted to see the percentage this year was in the 90s," said Tanner Bokor of the UBC Alma Mater Society. "Students are very committed to using the public-transit system, and see the U-Pass as a great service."

SFU is expected to approve the U-Pass again in a referendum starting on Tuesday, but the program received a tepid response when first voted on in 2002.

That year, the U-Pass was approved by a slim margin of 33 votes, with almost 6,000 students taking part.

Subsequent referendums were another story.

The U-Pass was approved by 82 per cent of SFU voters in 2005, 92.2 per cent in 2007 and 96.4 per cent in 2011.

One of the few SFU students who voted against it in 2007 was Oliver McKenzie.

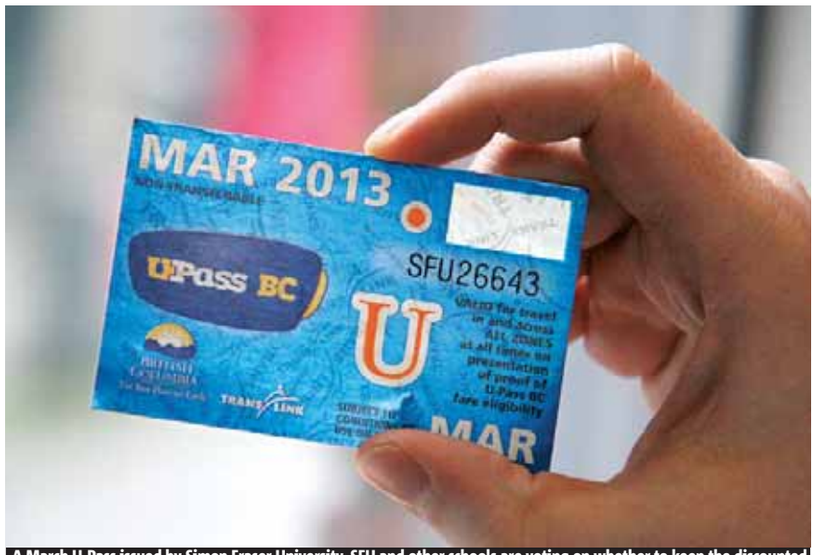
With a long commute and work starting immediately after class, he said using transit was impractical. The 2010 grad felt opting out should have been easier.

"Good premise, bad execution," he said of the U-Pass. "It's fine for 95 per cent of people, but ... if you don't use it, there's (money) that goes nowhere."

U-Pass squeaked through

33

The U-Pass was approved by a margin of only 33 votes out of nearly 6,000 votes cast in Simon Fraser University's first referendum in 2002.



A March U-Pass issued by Simon Fraser University. SFU and other schools are voting on whether to keep the discounted pass for another three years. JEFF HODSON/METRO

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CANADA'S ECONOMIC ACTION PLAN

Canada

Violent suspect still on the loose: VPD

Police ask for public's help. Footage and composite sketch released of suspect in attack of Downtown Eastside woman

EMILY JACKSON
emily.jackson@metronews.ca

Police have released video footage of a van and a composite sketch of a man in an effort to find the suspect in a violent assault of a sex-trade worker in East Vancouver last week.

"We'd like everyone to be aware this person could be out there," Sgt. Randy Fincham said at a press conference on Monday, adding there could be other victims.

On March 4, the man picked up a 42-year-old woman in the Downtown Eastside, drove her to an isolated area and proceeded to beat her and tie her up at about 8 p.m.

Be careful out there

"We'd like everyone to be aware this person could be out there."
Sgt. Randy Fincham

Several people called police when they saw a woman being dragged by a van on Clark Street near 13th Avenue about 30 minutes later. The woman had managed to partially free herself and jumped from the van.

Police have not been able to find either the man or the vehicle, which is described as a white panel van with roof racks seen in video footage from the area.

The man, who may have an Australian accent, is described as balding and Caucasian with a tanned complexion, and as having either a moustache or a goatee.

Anyone who sees the man or the van should call police at 604-717-2541 or Crime Stoppers at 1-800-222-8477.

Police have released a composite drawing of a person of interest in the assault of a sex-trade worker in Vancouver. CONTRIBUTED

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Man charged in random 7-Eleven stabbing

A Vancouver man faces assault charges after a woman was stabbed multiple times in a random attack at a West End 7-Eleven Sunday morning.

Jordan Lee Degroot, 39, has been charged with aggravated assault and assault with a weapon in relation to the incident, police announced Monday.

Degroot, who is known to police, allegedly stabbed a woman near the counter inside the convenience store at Denman and Comox Street.

Her life-threatening injuries would have been more severe had a staff member and two customers not acted quickly to hold him back until police arrived, Sgt. Randy Fincham said.

The victim, a 30-year-old woman, is in stable condition in hospital after undergoing surgery on Sunday.

Victim getting care

30

The victim, a 30-year-old woman, is in stable condition in hospital after undergoing surgery on Sunday.

The violent attack appears to be random, Fincham said, and the victim and the suspect did not appear to interact before the attack.

Investigators are trying to determine a motive, Fincham said. He would not comment on the weapon used or the suspect's medical history.

Degroot remains in custody. He will appear in court on Tuesday.

EMILY JACKSON /METRO

A woman was randomly stabbed at this West End 7-Eleven on Sunday.
LIAM BRITTEN/METRO

Cops feared dying man was contagious, inquest hears

Duncan Smears. Man dying from overdose also suffered bacterial heart infection

NEAL HALL
The Canadian Press
exclusively for Metro

Two Vancouver police officers say they didn't enter a room where a man was dying of a drug overdose because they were worried about serious harm to themselves.

The officers told a coroner's inquest probing the July 2011 death of 23-year-old Duncan Smears that they were called to look into a disturbance in Smears' room at St. Helen's, a single-room occupancy hotel located on Granville Street.

Testimony

"I felt going into that room could cause a lot of harm to ourselves."
Vancouver Police Const. Derek Cain

Patrol constables Randy Lee and Derek Cain responded after 9:30 p.m. on July 15. They opened the door of the man's room to find smashed and overturned furniture and Smears sitting naked in urine and feces, with a blank stare on his face.

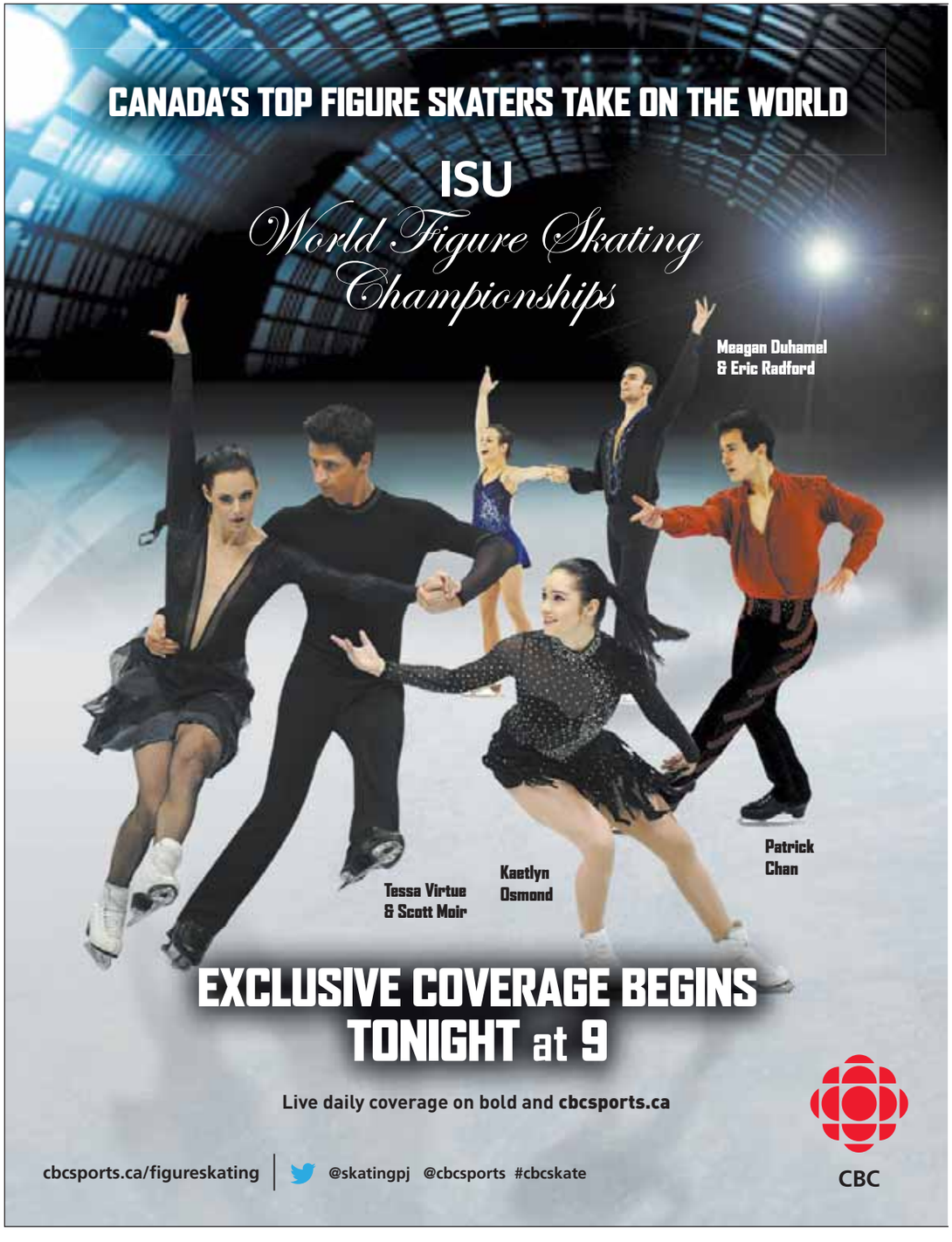
"I concluded he was 100 per cent high on drugs," Lee testified Monday in coroner's court, adding he believed the man was in a drug-induced state of psychosis.

"We decided we needed additional police resources," he added.

The inquest was told that an autopsy found Smears died of a fatal overdose of methamphetamine, commonly known as crystal meth.

A complicating factor, Lee said, was that Emergency Health Services advised police that Smears had a bacterial heart infection that could be contagious.

The patrol officers contacted their supervisor, Sgt. Douglas Brown, who in turn contacted the emergency-response team, asking for it to attend to secure the scene.



Deceitful, malevolent sunshine. Rain warning issued for Lower Mainland

Hopefully, the weekend sunshine didn't trick you into leaving your umbrella at home.

Environment Canada issued a rainfall warning for Metro Vancouver for Tuesday due to a low-pressure system coming through the region.

Up to 55 millimetres of heavy rain is expected in Metro Vancouver, the Fraser Valley and Howe Sound by Tuesday night.

The rain will ease on Wednesday, but expect soggy weather on Thursday before it lets up on Friday.

With snowfall anticipated in the mountains, the Canadian Avalanche Centre boosted avalanche danger ratings to high for the alpine regions of the South Coast — Inland and the Sea-to-Sky on Tuesday and Wednesday.

EMILY JACKSON/METRO

The seawall in Stanley Park during heavy rain. ERIC DREGER/THE CANADIAN PRESS FILE

Total brought to 194

Dozens more charged in cup riot

Another 33 people have been charged in the Stanley Cup riot in Vancouver in June of 2011.

The B.C. Criminal Justice Branch says the latest accused include 23 adults and 10 young persons.

So far, charges have been approved against 194 people, and 133 of them have pleaded guilty, with 65 already having been sentenced.

Crown prosecutors are still reviewing possible charges against more than 100 other suspects.

THE CANADIAN PRESS

New legislation

Auditors general to see 8-year terms

The B.C. government has introduced legislation that will see the province appoint an auditor general for a single eight-year term.

The current law appoints the auditor general for a six-year term, with the option of reappointment for another six years.

The changes to the Auditor General Act respond to issues that surfaced during the process to find a new auditor general, which included interviewing the current auditor general John Doyle for a reappointment. THE CANADIAN PRESS

Long hunt for Vancouver police. Man pleads guilty to '99 killing of student

More than 14 years after the body of a Vancouver high-school student was dumped on a deserted street, her killer is finally facing justice.

Ninderjit Singh pleaded guilty on Monday in B.C. Supreme Court to the second-degree murder of 18-year-old Poonam Randhawa.

The plea caps what was one of the longest manhunts in Vancouver police history, spanning at least two Canadian provinces and two U.S. states.

Defence counsel Russ Chamberlain said outside court that his client — who is not a Canadian citizen — will face a sentence of life in prison with no possibility of parole for 10 years and then deportation to India.

"It's a good result for the administration of justice," Chamberlain said.

"It puts to bed a long investigation. It brings finality for the family and it brings certainty to the results of the police investigation and the criminal prosecution." THE CANADIAN PRESS

Gang link. Victim in alleged kidnapping refuses to testify

The alleged victim in a gang kidnapping that has led to charges against seven people, including a former North Vancouver real-estate agent, refused to testify on Monday because of concerns for his safety.

Sulaiman Safi was testifying via video link from California, where he is serving a six-year sentence for drugs.

"Your honour, due to some last-minute circumstances concerning my safety, I won't be able to testify today," Safi said.

He said the Vancouver police and the Crown are working on the matter.

"Are you refusing to testify?" asked B.C. Supreme Court Justice Catherine Bruce.

"I'm not prepared to testify today," Safi replied.

He added he also wanted to consult a lawyer about his refusal to testify, which could result in Safi being cited for contempt of court.

The judge directed that a legal-aid lawyer be provided to Safi and adjourned the case until Wednesday.

Seven people are accused of being involved in the kidnapping and unlawful confinement of Safi in October 2011.

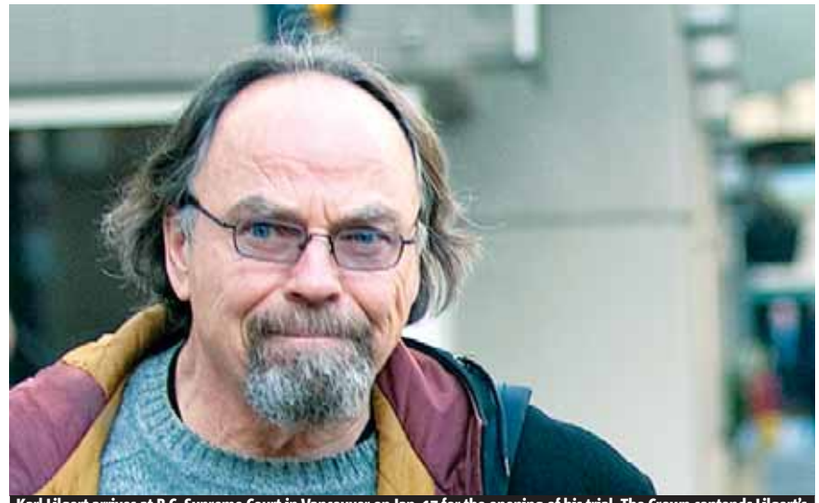
At the time of the arrests, police said the kidnapping involved several suspects linked to the Red Scorpions and Independent Soldiers gangs, and that the kidnappers were acting on behalf of a criminal organization in eastern Canada.

The accused have pleaded not guilty to all charges.

NEAL HALL/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

Latest witness adds to ferry-trial confusion

Conflicting evidence. Question remains whether a fishing vessel caused ferry to veer off course



Karl Lilgert arrives at B.C. Supreme Court in Vancouver on Jan. 17 for the opening of his trial. The Crown contends Lilgert's negligence led to the death of two passengers on the sunken Queen of the North ferry. JENNIFER GAUTHIER/METRO FILE

Even before the Queen of the North passenger ferry was sitting at the bottom of the ocean off British Columbia's northern coast, the officer navigating the ship already had an explanation for why the ship sailed into an island: There was a fishing boat in the way, he told his fellow crew members, and he was attempting to steer around it.

But the unidentified fishing boat has become the subject of conflicting and at times confusing evidence at Karl Lilgert's criminal-negligence trial, with witnesses disagreeing about whether there even was such a boat and, if there was, how close it might have been to the ferry.

Third officer Janice O'Neill is the latest witness to add to the confusion, testifying on Monday that when she arrived on the bridge shortly after the grounding, she didn't see any other vessels nearby on the ship's radar screen.

However, as recently as four months ago, O'Neill told Crown prosecutors that she did, in fact, see a boat moving along the radar screen. It's a claim she also told police in the fall of 2006, about eight months after the sinking.

A frustrated O'Neill was at a loss to explain the differences between her testimony and her earlier statements to police and prosecutors.

"I think my memory had been influenced by interactions I had with other crew members from the Queen of the North," O'Neill said while under cross-examination in B.C. Supreme Court.

Lilgert was the navigating officer when the ferry missed a scheduled course change shortly after midnight on March 22, 2006, and sailed into an island. The ship sank and two passengers have been missing ever since.

Didn't see a fishing boat after all

"I went through a fair-sized trauma. I have no idea why I would introduce a fishing vessel there when initially I did not see a fishing vessel, and I apologize for the confusion."

Once on the stand, third officer Janice O'Neill disavowed any recollection of seeing a fishing boat on the night the Queen of the North passenger ferry sank.

The trial has heard Lilgert told crew members immediately after the collision that he had been attempting to steer clear of a fishing boat in poor weather. THE CANADIAN PRESS

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Shooting death. Oscar Pistorius in mourning, but not suicidal: Family

Olympic athlete Oscar Pistorius, charged with the Valentine's Day murder of his girlfriend, is not suicidal, his family announced Monday.

Pistorius "is in deep mourning but despite the tragic circumstances he is certainly not suicidal," said a statement issued by Pistorius's uncle, Arnold Pistorius. He said Pistorius has support from his family.

The family's denial comes after reports that Pistorius was distraught and contemplating taking his life. Reports also said that Pistorius is facing financial ruin over the upcoming murder trial. THE ASSOCIATED PRESS

Oscar Pistorius THE ASSOCIATED PRESS FILE

Safety concerns

Mexican paper to stop covering drug-cartel-related news

A newspaper in the northern Mexico border state of Coahuila announced Monday it will no longer cover information related to drug cartels, citing safety concerns.

The newspaper Zocalo publishes in the Coahuila state capital, Saltillo.

In a front-page editorial posted on its website, the newspaper said the decision "is based on our responsibility to watch out for the safety and security of over 1,000 workers, their families and our own." THE ASSOCIATED PRESS

Death of gang-rape suspect sparks criticism of India jail

The mother of Ram Singh, the man accused of driving the bus on which a 23-year-old student was gang raped in December, cries as she speaks to journalists in New Delhi Monday. Indian police confirmed that Singh committed suicide in jail, but his lawyer and family allege he was killed. MANISH SWARUP/THE ASSOCIATED PRESS

Alleged suicide.
Lawyer claims his client was under 'no mental stress' at the time

Whether he was killed or committed suicide, the jailhouse death Monday of a man on trial for the gang rape and fatal beating of a woman on a New Delhi bus has triggered shock at the enormous security failure at one of India's best-known prisons.

Authorities said Ram Singh, who was accused of driving the bus during the December attack, was in a cell with three other inmates at Tihar Jail in New Delhi when he hanged himself, either with his own clothes or a bedsheet, at about 5:30 a.m.

"This is suicide," Home Minister Sushilkumar Shinde said. But Singh's family and lawyer alleged foul play.

"There were no circumstances which could have led to Ram Singh committing suicide. There was no mental stress. He was very happy (about the trial's course)," his lawyer V.K. Anand said.

Singh, 33, had been among five defendants facing the death penalty if convicted of the rape attack, which horrified Indians and set off national protests. A sixth accused is being tried and jailed separately because he is a juvenile.

Singh's death in custody raised further questions about a criminal justice system already under attack for failing to protect the nation's women. THE ASSOCIATED PRESS

Prison deaths

In 2011, 68 inmates in India killed themselves and another eight were killed by fellow inmates, according to India's National Crime Records Bureau.

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Bar public from Magnotta hearing: Lawyers

Accused of murder and dismembering. Counsel says letting public stay may prevent a fair trial

Daran Lin, father of murder victim Jun Lin, leaves court in Montreal on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Lawyers for the man accused of murdering a Chinese student and dismembering his body want the media and public barred from his preliminary hearing.

The evidence presented Monday supporting the motion by lawyers for Luka Rocco Magnotta is subject to a publication ban.

Magnotta's legal team, led by Toronto-based lawyer Luc Leclair, argue the only people who should be allowed to remain in the courtroom are the prosecutors, the judge and a court clerk.

They say it's necessary to guarantee a fair trial.

Magnotta has pleaded not guilty to a charge of first-degree murder in the slaying of Jun Lin last May. The preliminary hearing will determine whether there is enough evidence to send him to trial.

A handful of journalists were able to cram into a high-security room, with as many as 30 people in a spill-over room in another part of the courthouse. Some media members lined up before the crack of dawn to get inside.

Those present at the courthouse included Daran Lin, the victim's father, who travelled from China.

A lawyer representing Lin's parents said he supports the media's fight to keep the hearing open.

Mark Bantey, a lawyer representing several media organizations, said the automatic publication ban that comes with a preliminary hearing "covers all the evidence (and) is more than sufficient to protect the rights of the accused to a fair trial."

Quebec court Judge Lori-Renee Weitzman is expected to rule on the matter Tuesday morning. THE CANADIAN PRESS

Potential evidence

U of O profs try to protect transcript

Two University of Ottawa criminologists who police believe interviewed Luka Magnotta for a study of Montreal sex workers in 2007 are going to court to protect a transcript of the alleged interview from falling into police hands. The Canadian Association of University Teachers is footing the legal bill in place of the school, which has denied responsibility. "The only word for what they're doing is 'disgraceful,'" said John Lowman, a professor of criminology at Simon Fraser University, who has studied threats to confidentiality for the last 15 years. "If you cannot make that guarantee of confidentiality, huge areas of research will be closed down." GRAHAM LANKTREE/METRO IN OTTAWA

Conrad Black denies owing tax on $5 million

Conrad Black is locking horns with the Canada Revenue Agency (CRA) over taxes from 2002 that may see him paying taxes on more than $5 million in income and benefits.

Among the litany of items the CRA is trying to collect on is a $90,000 bill for security at his Toronto home and $1.3 million in benefits from the use of a company airplane.

The agency alleges Black held Canadian residency at this time and must pay taxes, including those applicable to taxable employment benefits such as the private jet. At the time, he filed as a U.K. resident, which his lawyers hold is true.

"It bears noting that from mid-1992 until 2005, Mr. Black was in the same position. He filed his taxes in Canada as a non-resident and paid Canadian tax as a non-resident, and this was not challenged by the CRA," said Adrienne Woodyard, one of Black's attorneys in the case. "Now, the CRA takes a different view for 2002."

In 2007, Black was convicted in an American court of fraud and obstruction of justice, for which he served 37 months in prison.

Black's 2002 taxes

$808K

Adrienne Woodyard, one of Conrad Black's attorneys in the case, said Black "has already reported and paid Canadian tax on $808,000 of income for work that he performed in Canada as a non-resident."

The CRA refused to comment on the current case, citing confidentiality.

The court must now decide the most appropriate state of residence for Black. If the judge rules that he must pay tax as a Canadian resident, Black would be on the hook for taxes on more than $5 million in taxable earnings. If the judge rules otherwise, he'll only be billed for earnings originating in Canada, for which he has already paid.

The motion is scheduled to be heard May 15.

TORSTAR NEWS SERVICE

Chase 'em down

Citizen's arrest now more flexible

New powers of citizen's arrest came into force Monday that give more leeway in nabbing criminals.

The Citizen's Arrest and Self-Defence Act no longer requires a person to catch a suspect red-handed, but allows for apprehension within a reasonable amount of time. The law still requires people to call police as soon as possible and not use excessive force. THE CANADIAN PRESS

Panama

Body in suitcase may be missing Ottawa man

Foreign Affairs is confirming that a Canadian has died in Panama. The news comes amid media reports that police in the country are looking into whether a body found in a suitcase is that of a missing Ottawa man.

Reports say Ed Moynan went missing from his Panama home in November. THE CANADIAN PRESS

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U.S. slaps new sanctions on N. Korea

The Obama administration expressed heightened concern Monday over threats of war from nuclear-armed North Korea and issued new sanctions against the communist nation's primary exchange bank and several senior government officials.

In the last three months, Pyongyang, under its enigmatic young leader Kim Jong-un, has defied the United States and other world powers by testing an intercontinental ballistic missile and testing a third nuclear bomb. Its latest salvo: A declaration carried through state media that it was cancelling the 60-year armistice that maintains peace on the Korean peninsula.

Washington is walking a tight line. It is trying not to overplay the danger from an attention-seeking regime infamous for its bluster, but has to take the North's threats of possible military action seriously. The U.S. also is treaty-bound to provide support for South Korea or Japan in the event of any aggression.

THE ASSOCIATED PRESS

Quoted

"We are certainly concerned by North Korea's bellicose rhetoric. The threats that they have been making follow a pattern designed to raise tension and intimidate others. The DPRK will achieve nothing by threats or provocation."

White House spokesman Jay Carney

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Police officers are seen outside St. Peter's Square at the Vatican on Monday. Cardinals gathered for their final day of talks before the conclave to elect the next pope. EMILIO MORENATTI/THE ASSOCIATED PRESS

Uncertainty reigns ahead of conclave

Papal vote. Italian, Brazilian contenders at centre of chatter over who's ahead in race for pontificate

By the numbers

77

The leading names in the papal race require 77 votes for victory in the first few rounds of balloting.

Cardinals enter the Sistine Chapel on Tuesday to elect the next pope amid more upheaval and uncertainty than the Catholic Church has seen in decades: There's no front-runner, no indication how long voting will last and no sense that a single man has what it takes to fix the church's many problems.

On the eve of the vote, cardinals offered wildly different assessments of what they're looking for in a pope and how close they are to a decision. It was evidence that Benedict XVI's surprise resignation has continued to destabilize the church leadership and that his final appeal for unity may go unheeded, at least in the early rounds of voting.

Still, the buzz in the papal stakes swirled around Cardinal Angelo Scola, an Italian seen as favoured by cardinals hoping to shake up the powerful Vatican bureaucracy, and Brazilian Cardinal Odilo Scherer, a favourite of Vatican-based insiders intent on preserving the status quo.

Cardinals held their final closed-door debate Monday over whether the church needs more of a manager to clean up the Vatican's bureaucratic mess or a pastor to inspire the 1.2 billion faithful in times of crisis.

Scola is not from the Italian-centric Vatican bureaucracy called the Curia. That gives him clout with those seeking to reform the nerve centre of the Catholic Church.

Scherer seems to be favoured by Latin Americans and the Curia. He has a solid handle on the Vatican's finances, sitting on the governing commission of the Vatican bank.

Also seen to be in the running is Canadian Cardinal Marc Ouellet, who is well-respected for his job at the Vatican office that vets bishop appointments.

THE ASSOCIATED PRESS

Libya. Cleric condemns women's-rights document

Libya's supreme religious cleric is calling on Muslim nations to reject a United Nations document on women's rights, saying that it counters Islamic law.

Mufti al-Sadiq al-Ghiryani issued a fatwa, or religious edict, against the document set to be signed by nations at the 57th session of the Commission on the Status of Women this month.

The edict issued Monday criticizes the document's references to inheritance, its equating of men and women, and its wording on sexual freedoms.

THE ASSOCIATED PRESS

New hairdo to help Trudeau become mane man?

When Delilah cut off Samson's flowing mane in the Bible story, it was all downhill from there.

Justin Trudeau is banking the reverse will be true for him, that a decidedly more conservative look will help him grab the Liberal crown.

Trudeau showed up at a recent Liberal leadership debate in Halifax with an unusually short and shellacked hairdo. It's a departure from more insouciant looks the 41-year-old has modelled over the years.

Trudeau has clearly inherited his thick, wavy hair from mother Margaret, a curly brunette, and not from father Pierre, whose hairline began receding at a young age.

Image consultant Karen Brunger said Trudeau's shorter hairstyle is more congruent with his angular face, and therefore less distracting. But she says styling it differently can work in his favour.

"When he's being more casual, relaxed, then let the curl come out, then that's going to attract all kinds of people, especially women," said Brunger, who has advised other political candidates with International Image Institute.

"And then, when he needs to be in a more formal situation, more business-related, then, yeah, have the more structured or more slicked-back look."

THE CANADIAN PRESS

Personal style

Trudeau is hardly the only Liberal leadership contender to alter his style around the time of entry into the race.

- Former astronaut Marc Garneau has abandoned his eyeglasses when appearing at leadership events and interviews.

Justin Trudeau proves he can sport a slick look, but also let his wavy curls fall naturally. THE CANADIAN PRESS

Stephen Colbert (character)
Like
Interest
The Rev. Sir Doctor Sen. Stephen T. Mos Def Colbert, D.F.A., Heavyweight Champion of the World**, Ph.D is the persona of political satirist Stephen Colbert, as portrayed on Comedy Central's The Colbert Report. Described as a "well-intentioned, poorly informed high-status idiot" and a "self-important right-wing commenta...
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Analyzing Facebook "likes" is one way to assess a person's IQ, political leanings and lifestyle. A study has found that one of the predictors of high intelligence is liking The Colbert Report. FACEBOOK.COM

Give your IQ level the Colbert bump

By liking him on Facebook. Study says intelligence can be measured by our 'likes'

Liking curly fries and Stephen Colbert is a smart thing to do.

So smart that a computer crunching millions of Facebook "likes," independent of the information in your profile, can figure out all kinds of personal and often private details of your life, including your IQ.

The study by Michal Kosinski and David Stillwell of the Psychometrics Centre at the University of Cambridge could accurately predict, with varying degrees of success, whether someone used drugs, smoked, had divorced parents and leaned liberal or conservative.

"The best predictors of high intelligence include 'thunderstorms,' 'The Colbert Report,' 'science' and 'curly fries,'" the study said.

"To be honest, we were mind blown when we saw the results for the first time," Kosinski told Torstar News Service.

"We could predict so many things with so much accuracy. To be able to predict someone's IQ or personality or whether their parents were divorced was very surprising, even to me."

The study took the Facebook "likes," which stay embedded in a social network page, of 60,000 volunteers in the United States.

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House prices to stay flat for 10 years: TD

Real estate. Following decade of strong gains, report says it's time for a bit of payback

A new report from TD Bank predicts that the longer-term trend is for house prices to gain an average of about two per cent over the next 10 years, which is flat once inflation is taken into account. JUSTIN SULLIVAN/GETTY IMAGES

Canada's real estate bonanza of the past decade has come to an end and the long-term trend as one of the most profitable places to invest is also not encouraging, a new research paper from TD Bank argues.

The "special report" from one of Canada's largest banks makes the case that gains in housing prices have been exceptionally strong over the last 10 years, even when accounting for a sharp drop during the 2008-09 recession. But now is the time for a bit of a payback.

The report does not predict a collapse in house prices as some analysts have suggested. In fact, it sees prices rebounding after a few years of a correction to as high as eight per cent.

However, the longer-term trend is for home-price gains to average about two per cent over the next 10 years — flat once inflation is taken into account, says TD chief economist Craig Alexander.

"I do not think we have a housing bubble in Canada," said Alexander. "We have had abnormal strength in the market during a period of low interest rates and when rates go up over the next three years, you will get a cooling and weaker prices, but not a permanent shock and not a sharp correction." THE CANADIAN PRESS

Growth. OECD says Canada's economy isn't tops among G7

The Organization for Economic Co-operation and Development says Canada's economy is in a funk and may no longer be a leader among G7 industrialized nations in terms of growth.

The OECD's latest analysis of the global economy cites firming growth in the U.S. and Japan, as well as improving prospects for Germany. It says Canada's conditions point to continued growth but at a weak pace.

Ottawa has long boasted that Canada's growth was tops among the Group of Seven industrialized economies following the 2008-09 recession. But Canada's growth has been losing steam amid declining prices for key resource exports as well as a slower real estate market and other domestic factors.

A group of about a dozen Canadian economists advised Finance Minister Jim Flaherty last week to expect growth will remain below two per cent in 2013. THE CANADIAN PRESS

European Union

New cosmetics can't use animal tested ingredients

The EU has banned the sale of new cosmetic products containing ingredients tested on animals. "This is a great opportunity for Europe to set an example of responsible innovation in cosmetics without any compromise on consumer safety," said Tonio Borg, the EU's top official on health and consumer issues. THE ASSOCIATED PRESS

New York City

Judge strikes down sugary-drink rule

New York City's groundbreaking limit on the size of sugar-laden drinks has been struck down by a judge who said loopholes "effectively defeat the stated purpose" of the rule. The restriction, which was to start Tuesday, prohibits selling non-diet soda and some other sugary beverages in containers bigger than 16 ounces. It did not apply to supermarkets or convenience stores. THE ASSOCIATED PRESS

Philadelphia

Fuel tank gets stuck under plane

A fuel tank somehow disconnected from its trailer hitch at Philadelphia International Airport, rolled onto the taxiway and got stuck under an airplane.

It happened at 10:30 a.m. Monday. An airport spokeswoman says it took about 10 minutes to get the wedged tanker out from under the US Airways plane. She says there was no fuel spill and no one was injured. THE ASSOCIATED PRESS

Market Minute

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FACE IT: YOU LOVE YOURSELF

SHE SAYS

Jessica Napier
metronews.ca

Ever wonder why some couples click, while others malfunction like an old Xbox 360?

The answer might be staring you in the face.

We're hardwired to seek out people whose features resemble our own thanks to the part of our brain — the fusiform gyrus region to be precise — devoted to facial recognition. We're put at ease by familiarity and inclined to trust someone with a face that reminds us of our own, so says Christina Bloom, founder of findyourfacemate.com, a dating site that pairs singles based on facial-recognition technology.

There's a certain kind of vain gratification that comes from looking at yourself in the mirror, so it's not that hard to believe that we'd want to replicate that pleasure when gazing at the person lying next to us in bed. We've all seen those doppelgänger couples whose resemblance is so uncanny they could be mistaken for brother and sister. And while the desire to partner up with someone who looks just like us might seem completely narcissistic, there are actually subconscious biological drives at work.

Bloom says there are a few competing scientific theories that explain why we're attracted to people who look like us. "Some theories relate to imprinting, some to trust and others to narcissism," says Bloom. "Scientists don't agree on exactly why it works, we only know for sure that it does."

Launched in 2011, Bloom's dating site is based on studies of positive assortative mating. Researchers took physical measurements of married couples — including cranial and facial features — and found significant correlations in more than half of the numbers.

The site uses a unique algorithm to analyze 67 different facial points and match up would-be couples.

"It is a very nuanced matrix with a primary focus on the outline of the face and the placement of features," says Bloom. It's not necessarily the size of your nose or the colour of your eyes that matters but how those facial features are arranged and overall face shape.

So what about those people who have a negative self-image? If someone thinks of themselves as unattractive, would they still be likely to fall for someone with similar facial features? Surprisingly, yes, they would.

"It's an unconscious phenomenon; it has nothing to do with how we feel about ourselves," says Bloom. "I have men tell me all the time that their partners are so much more attractive than they are (but) when I see them together, it's obvious how similar their facial features are."

At last, dating someone for their looks is no longer considered shallow, it's science.

We are innately narcissistic beings — wielding a subconscious tape measure to see if the length of a potential suitor's face measures up to our own.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Only One Direction to wax museum

MADAME TUSSAUDS/THE ASSOCIATED PRESS

Immortalizing a stylish boy band

Fans of Harry Styles and his One Direction bandmates need not worry.

This scary-looking procedure was just to prepare models of the boys at the famous Madame Tussauds waxwork museum in London, England. Hundreds of precise measurements of the stars were taken over a four-month process, with the figurines to be unveiled in April.

Since 1835, Madame Tussauds has immortalized some of the world's biggest names, such as Queen Elizabeth II, who is now on her 23rd model. METRO WORLD NEWS

Whole ball of wax

"We've been to Madame Tussauds and seen the kind of people who are in there. It's crazy to think that we will be up there with them."

Harry Styles, 19, singer in One Direction

Whole lotta dough

$200,000

The cost of each wax model of the five band members. The boys are being produced by renowned sculptor Stephen Mansfield. They will be wearing "smart-casual" clothing and sitting on a school-style bench.

Clickbait

'Wacko birds' is the latest ammunition of the twittersphere. John McCain called senators Rand Paul and Ted Cruz as well as Rep. Justin Amash 'wacko birds' over their anti-drone statement. "It's always the wacko birds ... that get the media megaphone."

@WackoBird

The bio reads, 'hatched from the minds of RINO's, perched over Washington D.C.,' and tweets gems like 'Hey, just wondering... where's that media megaphone I was promised?' Not to be confused with @WackoBirds — also a parody.

Angry Birds

User-generated artwork portrays Paul and McCain in a battle parodying the popular video game Angry Birds — with Paul's head superimposed onto a bird about to ambush a group of drones while McCain looks on in anger.

Twitter

@metropicks asked: Do you have a famous celebrity in the family?

@Big_D_Blulion: Distant cousin to Hockey Great Bobby Orr

@lisambungay: J-Bru (Jason Bruce) babayy

@SusanLougheed: my Gt Grandfather, Goldie Prodger played for the St Pats & scored the winning goal the 1st yr the Habs won the Stanley Cup

@_unicorntears_ My partner's cousin is Noah Reid, star of 'Score: A Hockey Musical' and original voice of Franklin the Turtle.

@ILike42: Henry Ford (the car guy) great-grandfather's first cousin.

@GiovannaNicolai: Vittorio De Sica - Grandfather

@ole_dory_plug: My great uncle is Bobby Arvon, the singer of the theme to Happy Days in it's 11th season.

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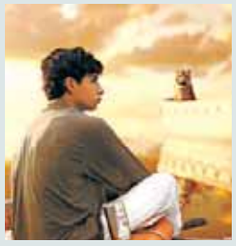
SCENE 2

DVD review



Life of Pi

Director. Ang Lee

Stars. Suraj Sharma, Irrfan Khan, Adil Hussain

With Life of Pi, Oscar-winning director Ang Lee has a simple goal. He wants us to accept as real a computer-generated Bengal tiger by the odd name of Richard Parker. The request is simple, the effect is extraordinary. Other things may seem in doubt in this delightful, rousing tale of a teen and a tiger on a Pacific Ocean adventure. Based on the Man Booker Prize-winning novel by Canada's Yann Martel, the film leaves its options open and hopes that our minds will be, too. You may or may not leave a viewing of Life of Pi with an enhanced appreciation of mankind's delicate relationship with animals and nature. Your belief (or disbelief) in an all-powerful deity may be confirmed or quashed. Your definition of "truth" may need revising. But the film's visual marvels are undeniable. Like the book, Life of Pi leaves us puzzling over what we've seen and heard. But never for a moment do we doubt the film's expressive storytelling, imagery and sense of wonder.

PETER HOWELL

Lara Croft's makeover

Tomb Raider. Reboot of classic video game franchise sees its heroine morph from bombshell to the tough girl next door

ROMINA MCGUINNESS
Metro World News in London

Indiana Jones with big boobs: That summed up the basic appeal of Tomb Raider, the best-selling video game franchise that launched in 1996. The reboot, out now, has a less-busty Lara Croft. Why the change?

"What we start with, anytime you create a character, is their biography," Brian Horton, senior art director of Tomb Raider at Crystal Dynamics, tells Metro.

"We knew Lara was this kick butt hero, but we felt she'd become more of an icon and less of a human. People didn't have much affinity for her.

"So our challenge was to come up with a concept that was relatable but at the same time, felt iconic."

Survival is the main theme here, something that allowed the game developers to revisit Crofts' origin story.

"We made it so that she wasn't necessarily focused on being the sheltered aristocratic girl," says Horton.

"She's 21 and just out of university. She still has famous archaeologist parents but there was a point where she just stuck out on her own. Whatever comes at her, she's going to do what it takes to get through it."

Horton talks us through Lara Croft's makeover.

The new Lara Croft is more "humanized" with an athletic build. HANDOUT

How did the game developers go about handling Lara's makeover?
After we knew who she was, we went through a series of drawings, about 60 in total. The first step was to humanize her. In terms of her proportions, she wasn't as much of a bombshell. We kept some of the signature components: the ponytail, the brown eyes and the full M-shaped lips, but we made it much more realistic in its treatment.

Was it all based on these drawings? Or did you use a real life model?
We used one girl for her face and one for her body. We wanted someone normal, not a pin up. We chose models that had body fat to them; that weren't super skinny. The body model is actually a stuntwoman with a really proportional, athletic physique.

At what point were you like: "We nailed it! We have the new Lara."
Once we have our concept and our model, it comes down to the way she performs in the world. When she's hurt, she'll clutch her side. When she's in a claustrophobic cage, she'll touch the walls. Adding Camilla Luddington (the British actress who did the voice and performance capture for the cinematics) to bring her to life was a huge part of the equation. That's where the believability came in. And even though she wasn't the model that inspired the look of it, when you look at Lara Croft on screen, there's a lot of Camilla in her.

The "old" Lara Croft is famous for her bust. The same can't be said of this version. What did you take her bra size down to?
I don't even know. It's not something I even think about. Before, there was so much emphasis on what her bra size was ... We never understood the fascination.

Fans will have noticed she's no longer wearing hot pants...
We wanted it to feel as practical as possible. Her clothes are much more down to earth: cargo pants, adventure boots and a dual tank top. It still feels like her. Just without the shorts, of course.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What is going on at The View?

THE WORD
scene@metronews.ca
Meredith Engel

Readers, important question: do any of you even watch The View? Maybe I'm mistaking this squawkfest of an hour with The Chew, or maybe even The Talk.

Regardless, I must say I was a teensy bit surprised when Joy Behar announced her resignation from the ABC morning show last week — homegirl's been there since the beginning. And then, like your little sister who just couldn't stand it when you got all the attention, Elisabeth Hassel-a-hack came out and was like, "Oh yeah? Well I'm leaving too! Hmph!" In the corner, Joy Behar cried out "No fair!" to no one in particular. But it was too late. Our interest had been piqued. No longer was this a story about replacing Behar, a middle-aged woman whose voice reminds me of Gilbert Gottfried on a good day. No, now, it's about beautiful, blonde, conservative Elisabeth, too. Marsha, Marsha, Marsha!

So who should fill each lady's seat at the table? For Elisabeth, I nominate Ann Coulter: a healthy dose of conservative energy draped in a long blonde wig. For Behar, how about a cockatoo? Would probably be just as entertaining, and the hairstylist would still get to keep his job.

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Dillon Casey knows all about physical roles. The Oakville, Ont., native plays Navy SEAL Sean Pierce on the TV series Nikita. He also played rookie hockey player Trevor Lamonde in the CBC show MVP and recently filmed a mixed martial arts movie called Only I. But he's perhaps best known for playing Erica's first boyfriend, Ryan, on the CBC series Being Erica. Metro asked Casey to give us a look into his workout routine. **METRO**

Get ripped like a Navy SEAL

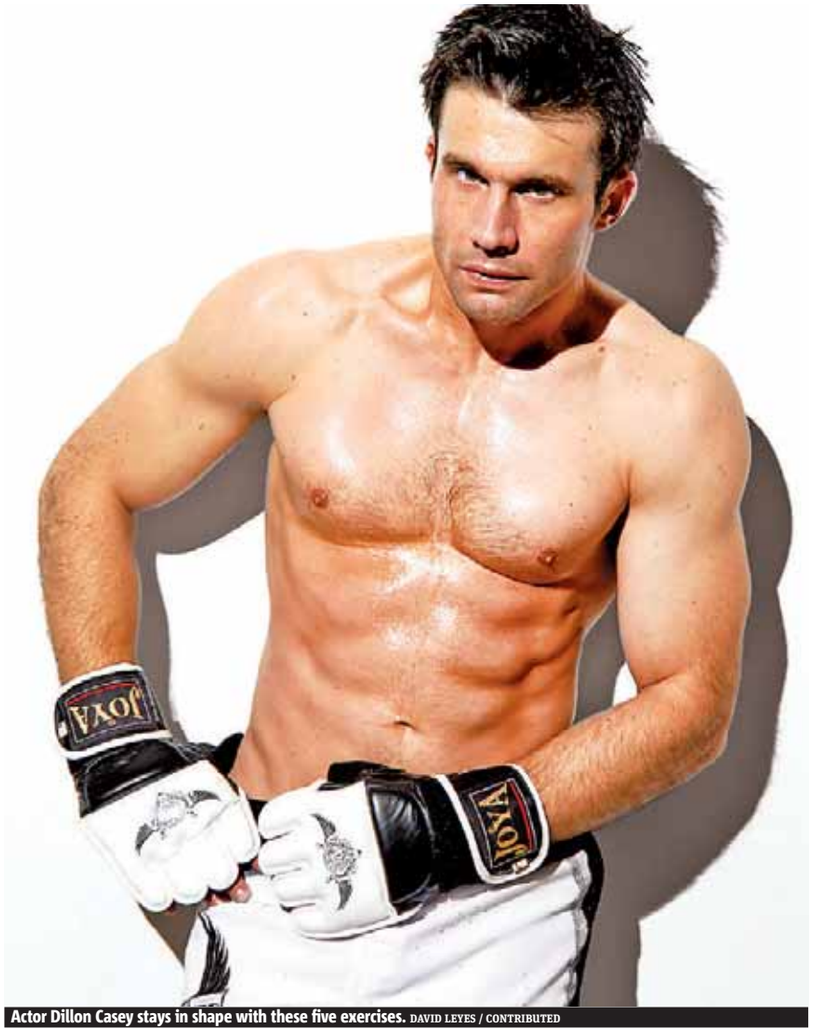
I play a Navy SEAL on Nikita and these guys are all about functionality. The muscular Schwarzenegger types could never make it through the training I do — it's just too much wasted energy for your body to fuel all that extra weight.

These exercises will give you a useful body. You'll be a workhorse with great muscular endurance and explosive power.

Limit your rest periods — I like to do each exercise for a minute, with maybe a 15-second break in between. You probably won't be able to do that right away, but it's a good goal to have in mind.

Also, listen to your body. This type of workout can lead to overtraining, so if you're feeling lethargic for two or three days in a row, switch it up. Give your heart a break: this is a good time to grab the heavy weights and surprise your body with some "classical" weight training.

Keep changing it up. Keep your body guessing. Keep it interesting and you'll keep coming back for more.



Actor Dillon Casey stays in shape with these five exercises. DAVID LEYES / CONTRIBUTED

Bodybuilders

Grab a set of dumbbells and, holding onto them, position yourself at the top of a push-up. Do a full push-up, then kick your feet to your hands. Stand straight up, keeping your back straight and lifting with your legs. You'll be in the perfect position to do a curl, so do one. Then press the weights up so your palms are facing forward and the inside of the dumbbells are in line with the tops of your shoulders. Keeping your weight on your heels, do a full squat. At the top of the squat do a military press (pushing the weights over your head and lowering them back down). Then lower the weights back down until they're on the ground and kick your legs back behind you until you're at the top of a pushup.

Mountain climbers

Again you start at the top of a push-up. Keeping your hands on the ground, bring your right leg forward so you look like a sprinter about to start a race. Switch your left leg with your right — do it as fast as you can for a minute (you'll look like you're basically running on the spot with your hands on the ground). This exercise is great cardio and it blasts your calves, shoulders and triceps. And it's a killer ab workout.

Dumbbell punches

This one sounds easy, but it'll kill you. Grab a set of dumbbells. Stand with your feet a bit wider than shoulder width (or into a comfortable fighting position, like a boxer). Lean back slightly, get your hands into boxer-ready position and start punching up at 45 degrees. Do it for a minute. If you need to stop ($20 says you will), instead of resting quickly grab lighter weights and keep going. This is good for the heart and will rip your shoulders. And if you ever need to punch somebody in the face, your arms will feel like sledgehammers. Do it for a minute, no rest. Next!

Lunge with a twist

Grab a medicine ball. Lunge with your right leg. Keep your back straight and twist to the right. Back to starting position. Lunge again with your right leg and twist to the left. Repeat with the left leg. As a plyometric variation, start in a lunge position, right leg forward, body twisted to the right, quickly jump and switch your feet, twisting in the process. Try to do it for a minute. If you can't finish, lose the medicine ball and keep going. Guys, this will give you a hockey player's ass and cut-up quads (ladies, this one will give you those perfect sexy summer legs that I like). It's also a great calorie burner. I love this one since it keeps me quick on my toes and gives me strong, responsive legs and feet for my fighting and action scenes.

Inverted rows

Can't forget the back. It's not all about "mirror muscles" — you're not strong if you don't have a strong back. So grab some dumbbells, bend your knees slightly and lean forward, keeping your back straight and the weights hanging naturally out in front of you. Pull the weights back as far as you can — you should feel like you're pinching your shoulder blades together. Hold for a second, then slowly lower back down. This will work most of your upper back. Secondary muscles at work are your biceps and shoulders. Do it for a minute. Careful to keep your knees bent throughout so you don't put too much stress on your lower back.

Switch it up

Beating boredom

My workouts have become all about maintaining interest. After hitting the gym for 14 years straight it starts to get old. I can't really do the same workout for more than a month now without getting bored, so I've learned to adapt and change it as I go.

I start with 30 to 45 minutes of cardio, but try to keep my body guessing with different variations. I'll sometimes do an HIIT workout on the treadmill with some interval training — the issue here is making sure I give myself enough time to recover.

With these intense cardio workouts, you have to be careful or you'll fall into overtraining without even realizing it. It's all about listening to your body and setting aside your ego and compulsion to hit the gym for just "one more quick workout." Rest is good!

After cardio I'll do a five-minute ab circuit. I've been setting up a "round timer" on my iPhone. I'll do five different ab exercises at a minute each with little rest in between (10 seconds max): bicycle crunches, flutter kicks, scissor kicks, the ab roller and drop elbows (look this one up — it's a grind).

Commuting doesn't have to be a pain in your neck

Sprain-strain injuries. Small aches and pains can have big consequences. Here's how to stay healthy on your way to work

MEREDITH ENGEL
life@metronews.ca

If you're on the train or bus right now, try this self-check: Are you bending your neck to read this? Are you fidgeting from one foot to the other? Is there a gym bag or heavy purse on your shoulder? If so, those little aches and pains you've been complaining about might be related to how you get yourself to and from work each day.

"I hear this all the time with patients," says Dr. Louis Peterson, a chiropractic physician in New York City. "They'll come in (saying), 'Oh, my neck's sore.' Those little things start to add up on the commute."

And they can add up to long-term consequences, he says. "What you end up (getting is) a sprain-strain injury, where your neck actually gets strained. The muscle fibres start to get slight tears in them. Most people just aren't aware."

We asked Peterson to explain how we should be travelling to and from work.

Try to stay awake

Anyone looking for some extra zzz's shouldn't find them on the subway. "When (commuters) fall asleep with their neck stuck to one side, eventually problems (develop)," Peterson says. "The neck gets strained." The fix: "Have your neck up and supported."

Make it a balancing act

"If you're standing and holding on, you should try to distribute your weight. You shouldn't be on one foot or the other," Peterson says. And don't get distracted. Using your phone or trying to read will make your head point downward, which you're trying to avoid.

Hold your book (or your Nook, or your Metro!) up

"When you're commuting, you're spending a lot of time reading and your head is facedown. That causes issues with the neck, and that's always problematic." So hold reading material up.

Hold your bags or purses correctly

"Backpacks are the acceptable bags, not having a single bag trying to balance on the shoulders," Peterson says. If you have a purse, hold it in your hand, not on your shoulder, because the shoulder is where problems develop. Indeed, if you rest a bag there, your shoulder can "get tilted one way or the other," he says. "You tend to yank that shoulder up higher, and after a while your neck cricks up."

Stretch

It's not just for athletes. "If you have some pains, try simple stretches for the neck or the low back," Peterson advises. "If it hurts, (use) ice. If you're really dire, give me a call."

Walk this way

Sorry ladies, but you really should go for the suit-with-sneakers look.

- "You can put your heels on at work," says Peterson. "When commuting, you should try to stay away from (wearing heels). It puts an enormous amount of pressure in your lower back."

Distribute your weight evenly when standing on the train or bus to avoid putting unnecessary strain on your back, neck and shoulders. ISTOCK IMAGES

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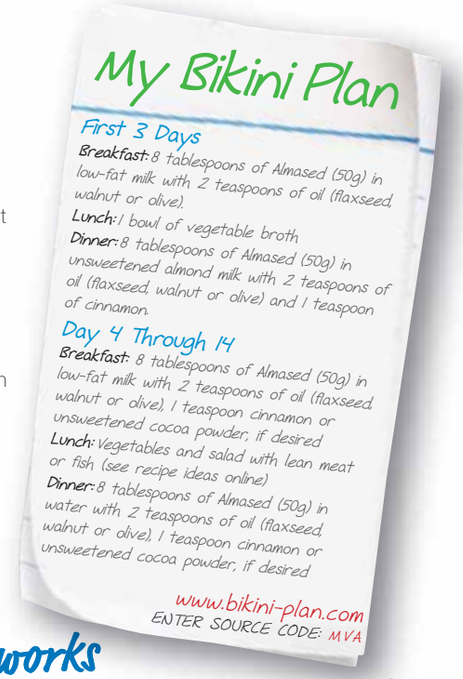
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This Roasted Seafood over Linguini with Lemon Olive Oil tastes heavenly, presents beautifully and is quick to prepare. Feel free to substitute the seafood of your choice. Buy cleaned squid and use tentacles if desired. For some extra spice sprinkle with dried chili flakes. To boost your fibre, try whole grain pasta.

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz dry linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce
- 1/3 cup chopped cilantro
- pinch salt and black pepper

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Place the shrimp, squid and mussels on the prepared baking sheet. Roast for 8 minutes, or until the mussels open. Remove from the oven and keep covered.

3. While seafood roasts, cook linguini in boiling water until al dente, 8 minutes. Drain, reserving 2 tbsp of the pasta water for the sauce. Set aside.

4. While the pasta cooks, spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium heat. Add the onion, bell pepper and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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The course of true love never did run smooth, but would an e-coach help?

Calling in the pros. Internet dating consultant likens his service to that of a personal trainer

NATALIE SHURE
Metro World News in NYC

Online dating is a reality of the love game, whether you're just looking around or on a serious quest for a lifelong partner.

Sites like OkCupid, Match.com and eHarmony try to make finding someone simple, but they can be disappointing and frustrating.

Now, one solution to the e-dating conundrum is gaining traction — consultants. These pros help clients strategize and punch up their profiles to stand out in the competitive world of digitalized courtship.

"Most people are not very good at online dating," says Evan Marc Katz, dating coach and founder of the e-dating consulting service eCyrano.

"It's like the gym. You don't lose weight by signing up for the gym. That's why people hire personal trainers — to show them how to use the equipment."

eCyrano rewrites clients' profiles based on a lengthy questionnaire and detailed phone call.

Katz, who dated online for 10 years before meeting his wife offline at a party, says his team of freelance writers promise profiles that are more authentic than what most users write for themselves.

He contends that the majority of online-dating fumbles involve unrealistic expectations.

"Online dating gives people the illusion of choice, not actual choice."

Looking for romantic bliss? E-dating coaches say they can help. ISTOCK

It might seem shallow but ...

- Companies like New York Image Consultant offer services that include hairstyling and makeup for photos in a range of outfits and poses, plus Photoshopping.
- Consultant Amanda Sanders puts it bluntly: "The reality is, they choose your picture over someone else's because it captures their eye. The text isn't as important as the visual aspect."

Five tax myths that can cost you time, trouble and money

Not true! Falling for these five financial fallacies can get you into quite the pickle

YOUR MONEY
Alison Griffiths
money@metronews.ca

For the past few years H&R Block has been puncturing tax myths gleaned from their free online Q&A service.

It's one of my favourite topics at this time of year. The persistence of these myths is downright amazing.

If you believe them they'll cost you time, trouble and money. Here are some of the most common:

1. Maternity leave and EI income is not taxable.
Income is income and the government always wants its pound of flesh!

Be warned, in both cases; Service Canada withholds at less than the lowest marginal tax rate.

Depending on tax credits, you may have tax owing at the end of the year.

2. RRSP contributions don't have to be reported if the deduction isn't claimed.
Even if you aren't claiming a deduction for the contributions, you are still required to record the fact that you made them.

"If you don't claim a deduction in the year it was made, you will have to file for a re-adjustment, which can be a pain," warns Cleo Hamel, senior tax analyst at H&R Block Canada.

3. Tips are not considered income.
This is an enduring tax myth.

Anyone earning tips in any industry is required to report the amount.

For servers, tips may be as much as 100 to 400 per cent of their income, depending on the restaurant.

"I recommend that those in the industry set aside 20 per cent of all their tips for tax purposes," notes Cleo Hamel.

In 2011 Revenue Canada targeted restaurant workers in St. Catharines, Ont.

The average additional tax tab was $1,500.

By the numbers

$1,500

Average amount of extra taxes restaurant workers in St. Catharines were required to pay after they were targeted by Revenue Canada

4. Students get refunds on their tuition.
In order to get a refund, you need to have overpaid tax during the year.

If a student does not have taxable income, they cannot use their tuition and education credits on their return.

Note: Students can transfer up to $5,000 annually to a parent, grandparent or spouse or they can carry forward credits to use in future years.

However, tuition must be recorded on the return in the year it is paid.

5. Mothers are required to claim the child tax credit.
The lower income spouse, mother or father, must claim childcare expenses. Either parent can claim the child tax credit, the fitness or art credit or the child amount.

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The Langara College Falcons men's basketball team won the PACWEST title earlier this month. The Falcons will travel to Montreal later this week to compete in the national championships. CONTRIBUTED

Falcons book flight to nationals

The Langara College Falcons men's basketball team claimed the Pacific Western Athletic Association (PACWEST) title earlier this month.

The provincial championship was the icing on the cake as the Falcons completed a record-setting season. The team finished first overall in the PACWEST with a 20-1 record.

"This is a great group of guys and I am so happy that all their hard work paid off with a provincial championship," head coach Paul Eberhardt said in a press release.

The Falcons were in tough in the PACWEST final against the Vancouver Island University Mariners, but prevailed with a 78-74 victory.

Falcon players Jitinder Lohcham, Elliott Mason, and Brody Greig were selected to the tournament first all-star team.

The dream season vaulted Langara into second spot in the Canadian Collegiate Athletic Association (CCAA) rankings. The Falcons will now head to Quebec to compete in the CCAA national championships in Montreal later this week.

BCIT named one of Canada's best diversity employers

Mediacorp, the organization that compiles the list of Canada's top 100 employers, has named the British Columbia Institute of Technology (BCIT) one of Canada's best diversity employers for 2013.

The distinction was awarded because BCIT:

- recently established a diversity and inclusion committee, comprised of representatives from all employee groups and BCIT's student association;
- offers diversity training on a variety of topics including mental health and LGBT awareness, and, in partnership with Aboriginal Link, provides Aboriginal recruitment training for human resource professionals;
- also in support of Aboriginal employees, maintains an Aboriginal Resource Centre and Sweat Lodge on campus, and is currently completing construction on an Aboriginal gathering place;
- supports "Technically Queer," a resource group for LGBT students, employees and allies to help provide support and build awareness of related issues, and is currently developing a women's networking group for female employees;
- works with several local organizations to promote diversity and inclusion in the broader community including Pride@Work, the Disability Resource Network, and the Immigration Services Society of British Columbia.

In addition to this latest distinction, BCIT has been named one of B.C.'s top employers for 2011, 2012, and 2013, and named one of Canada's greenest employers in 2010.

DANIEL HENDRIKSEN

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SFU prof wins award

DANIEL HENDRIKSEN
For Metro

Blaize Horner Reich. CONTRIBUTED

A professor at Simon Fraser University's (SFU) Beedie School of Business (BSB) was recently named a 2013 winner of Business in Vancouver's Influential Women in Business award.

Blaize Horner Reich, RBC professor of technology and innovation, has been with BSB since 1991 after a successful 15-year career as an IT professional and industry consultant.

"Receiving the Influential Women in Business award is a real honour," Reich said in a press release. "Mentoring is common practice at the Beedie School of Business, so by working with women in business and academia I am just carrying on the school's tradition."

The Influential Women in Business (IWIB) awards are presented to women who are leaders in their industry and the business community at large. Recipients are often in charge of corporate entities and not-for-profit organizations, and committing time and resources to mentor other women in business.

Reich currently serves on both the CIO Association of Canada and the Information and Communications Technology Sector Council. She is also the national academic lead for the business technology management program, an initiative of the Canadian Coalition for Tomorrow's ICT Skills.

UBC to establish centre for gambling research

In an attempt to better understand gaming and prevent problem gambling, the University of British Columbia (UBC) has announced a plan to establish a centre for gambling research.

The $2-million bill for the project will be split between the province of British Columbia and the British Columbia Lottery Corporation. The centre will study the social and behavioural aspects of gambling, provide evidence-based support for improved gaming policy and programs, and strengthen training for prevention professionals.

UBC plans to recruit a global expert in the field of gambling research to lead the centre, which will reside in the university's department of psychology.

Expected to launch in September, the centre will support graduate and post-graduate research and training and offer undergraduate courses.

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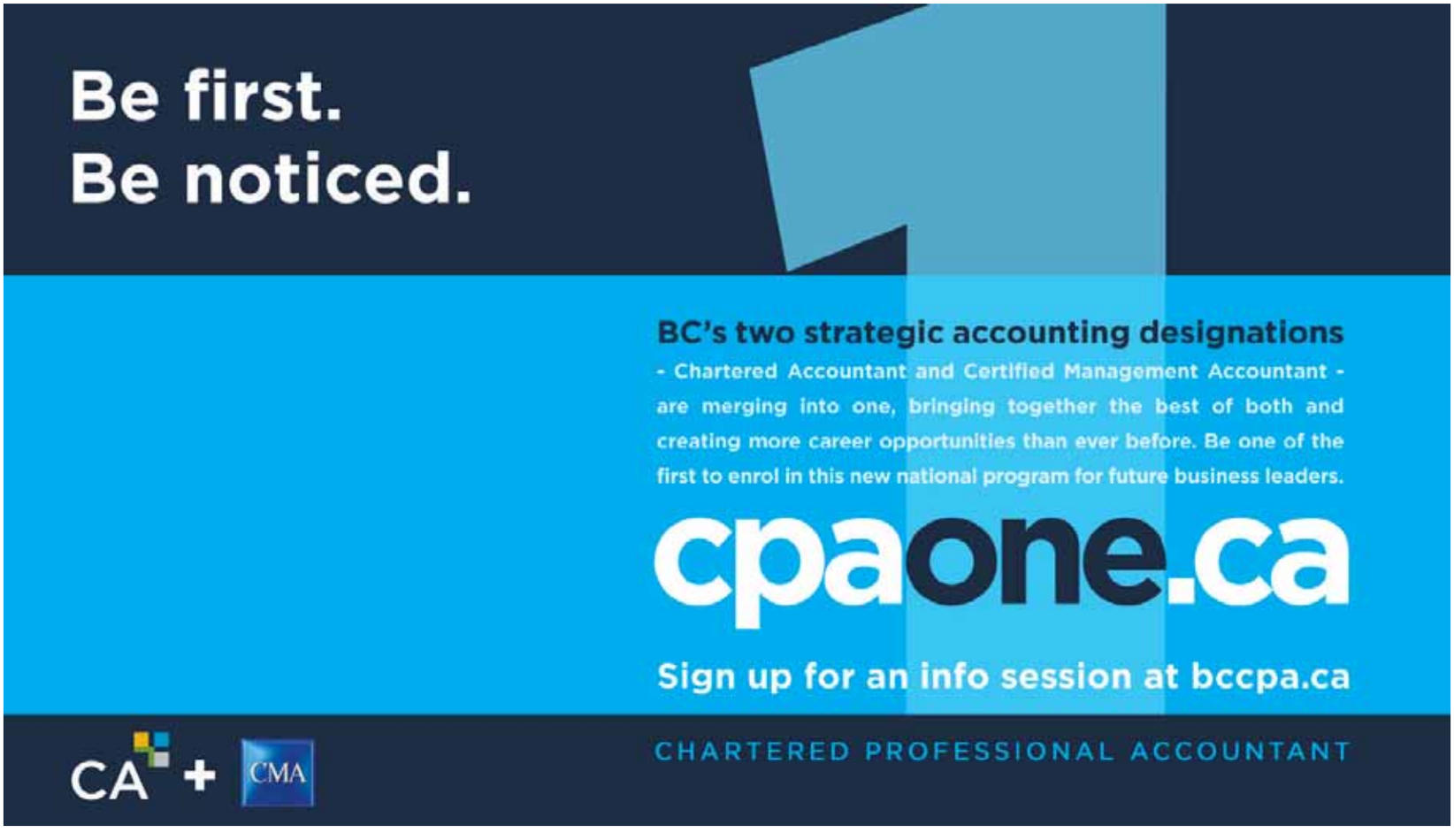
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Competition. KPU students victorious

DANIEL HENDRIKSEN
For Metro

Kwantlen Polytechnic University students Larisa Gorodetsky, Steven Vu and Natasha Campbell recently won the international CaseIt Business Case competition hosted by Simon Fraser University. CONTRIBUTED

A trio of Kwantlen Polytechnic University (KPU) School of Business students took home first place at the international CaseIt Business Case competition hosted by Simon Fraser University in February.

Natasha Campbell, Larisa Gorodetsky and Steven Vu competed against 15 other teams from Australia, New Zealand, Thailand, China, Singapore, Indonesia, the U.S., and Canada. This marks the second consecutive year that a team from KPU captured first place in the competition.

KPU's School of Business is the second largest undergraduate business school in Western Canada, consisting of more than 150 business faculty, 3,500 full-time students, and 9,000 total students annually who are enrolled in one of the 16 available program options.

JIBC graduates help El Salvador Fire Service

Four graduates of the Justice Institute of British Columbia's (JIBC) career firefighter pre-employment certificate program were afforded the amazing opportunity to travel to El Salvador to assist in firefighting efforts.

William Heng, Elizabeth Johnston, Kai Jones and Trent Frenkel left for the Central American country with a group of B.C. firefighters in early February as part of the First Responders International Training Academy (FRITA) program. While there, the group from B.C. assisted firefighting efforts and provided much needed equipment and training to emergency services personnel.

The trip was made possible thanks to the One World International Scholarship, funded by the Irving K. Barber Scholarship Society and the JIBC Foundation, something Charlene Jordan-Jones, acting director of JIBC's fire and safety division spoke about in a media release.

"The One World program and our partnership with First Responders International Training Academy provides a unique opportunity for JIBC graduates to share their learning and experience with fellow firefighters who work in circumstances that are generally far more challenging than at home, here in Canada," Jordan-Jones said.

Robert Dean, VP commercial banking, business services (Coast Capital Savings), left, and Julienne Hills, manager community partnerships and corporate social responsibility (Coast Capital Savings), right, pose with SFU Venture Connection Coast Capital Savings Venture Prize winners, from left, Cliff Mander (CKM Sports Management), Michael Cheng and Elvin Cheung (Witty Cookie), and Michael Tran (MLT Media). CONTRIBUTED

Event recognizes business excellence

DANIEL HENDRIKSEN
For Metro

Simon Fraser University (SFU) recently held its second annual SFU Venture Connection Coast Capital Savings Venture Prize competition.

The event recognizes excellence in business development among early-stage clients, and saw three start-up companies come away as winners. The following victorious companies shared prizes totalling $5,000:

WittyCookie: An all-inclusive digital agency that specializes in building high-quality websites at affordable monthly rates. Co-founders are Michael Cheng and Elvin Cheung, students in the School of Interactive Art and Technology (SIAT).

CKM Sports Management: A consulting company providing high-level development and recruiting services for junior and professional hockey players. Cliff Mander, an SFU psychology graduate and former national inline hockey player, founded the company to increase clients' competitive advantage by improving skills relating to education, scholarship opportunities, psychological strength, nutrition, athletic ability and life planning.

MLT Media: A mobile marketing firm that delivers innovative performance-based advertising, specializing in mobile media buying to achieve its clients' marketing goals. Founder Michael Tran is a recent MBA graduate.

The competition was held at SFU's Segal Graduate School of Business.

Douglas College shoe sale raises money for bursaries

For the second year in a row, Douglas College has done its part to recognize International Women's Day.

The Douglas College Women's Centre hosted a sale of gently used footwear at the school's New Westminster campus. Shoes were donated from the public and were on sale starting at $2 per pair with all funds raised going toward bursaries to support women in their studies at Douglas. All leftover shoes were donated to a local women's shelter.

The shoe sale was just one part of the week to honour International Women's Day. Douglas also held a "Women Who Inspire Us" poster exhibition, a women's self-defence workshop, and a workshop on human trafficking and the sex industry. All events were free and open to the public.

"This year, we want to make it big by encouraging community partners to participate," Shila Avissa, student assistant at the Women's Centre, said in a press release. "The aim is to create better awareness of the strong, supportive community we have in the college and to celebrate this special day together."

Boeing and UBC establish partnership

A new partnership has been established between the University of British Columbia (UBC) and Boeing — the world's largest aerospace company and leading manufacturer of commercial jetliners and defence, space and security systems.

Boeing will now be the founding industrial member of UBC's Composites Research Network (CRN), working with Canadian scientists to turn new discoveries in composite manufacturing into practical applications.

The CRN was established in 2012 thanks to a $9.84-million investment from Western Economic Diversification Canada. It will collaborate with other composite initiatives, such as the Canadian Composites Manufacturing Research and Development Consortium.

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Tuesday, March 12, 12 p.m. – room 512	Downtown
Tuesday, March 19, 12 p.m. – room 512	Downtown
English language preparation for health sciences	
Tuesday, March 12, 6 p.m. – room 1214	Broadway
Access to practical nursing	
Wednesday, March 13, 4:30 p.m. – room 1227	Broadway
Drafting technician (open house)	
Wednesday, March 13, 4:30 p.m. – room 718	Downtown
Career planning and job search courses	
Thursday, March 14, 5 p.m. – room 236	Downtown
ESL homefront learning (volunteer tutoring)	
Saturday, March 16, 9:45 a.m. – room 3709	Broadway
Jewellery art and design	
Monday, March 18, 2 p. m. - room 160	Downtown
English for professional advancement (EPA)	
Wednesday, March 20, 2:30 & 5 p.m. – room 235	Downtown
Adult upgrading	
Wednesday, March 20, 4:30 p.m. – room 1227	Broadway
Hair design	
Wednesday, March 20, 4:30 p.m. – room 201	Downtown
Skin and body therapy (esthetics)	
Wednesday, March 20, 4:30 p.m. – room 201	Downtown
University transfer	
Wednesday, March 20, 4:30 p.m. – room 1227	Broadway
Music	
Thursday, March 21, 1 p.m. – room 1228	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

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Osteopathic manual practitioners achieve maximum results with minimal intervention. Their treatments assist the body's natural healing ability, allowing restricted areas to regain as much of their former mobility as possible. Every year, these professionals help thousands of Canadians live a better quality of life. And no school in Canada has been training them longer than the College d'Etudes Osteopathiques (CEO).

"CEO was founded in 1981 in Montreal," says Marie-Chantal Raîche, co-ordinator of student admissions.

"Since 2001, we have offered a program for health professionals here in Vancouver, too, now under the British Columbia School of Osteopathic Manual Practice name. It provides complete training, including myofascial, visceral, and cranial techniques, specific osteoarticular adjustments, and clinical methodology."

The school runs six seminars per year, each lasting five consecutive days. These seminars typically start on a Thursday and end on a Monday. When your five years of study are complete, you will spend an additional year writing a thesis. This thesis allows you to obtain your diploma in osteopathy manual practice.

CONTRIBUTED

The program is designed with your employability in mind.

"Your studies will be part time, meaning you can continue to earn a living while you train," Raîche says. "Once you've earned your diploma, you'll find your career prospects bright, especially in Western and Atlantic Canada."

New classes for the program begin in September.

To learn more about enrolment, visit ceo.qc.com, or contact Marie-Chantal Raîche at 1-800-263-2816, ext. 229, or info@ceo.qc.com.

Osteopathy provides the necessary therapeutic reasoning skills and manual treatment approaches to achieve **optimal results** with even the most complicated patients.

Osteopathic manual treatment focuses on detecting areas of restrictions at any tissue level that may be interfering with the body's regular functions. Restrictions are detected through the osteopath's delicate proficiency at palpation. The transmission of the art of palpation is a time-honoured tradition which the faculty of the CEO takes great pride in sharing with the students. The ability to palpate precisely distinguishes osteopathy from all other forms of medicine and therapy.

Following a thorough history taking, the patient is assessed in detail and treated with minimal intervention techniques in order to achieve maximal results. Viewing the body as a whole, the osteopathic approach recognizes that the tissue's mobility has a direct impact on all of the body's functions from digestion to breathing to locomotion. Osteopathy functions by assisting the body's natural healing ability, allowing areas of restriction to regain as much of their former mobility as the body will comfortably allow.

The educational program is designed with busy practicing health-care practitioners in mind. Courses are held over weekends to minimize time lost from current employment. Each year of the 5 year program hosts 6 seminars, spaced evenly throughout the academic year. Followed by a research project.

Upon completion of the program, graduates receive a Diploma in Osteopathic Manual Practice (D.O.M.P.).

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NHL

Brown pots a pair, Kings top Flames

Captain Dustin Brown scored two goals, Jonathan Quick made 23 saves and the surging Los Angeles Kings beat Calgary 3-1 on Monday night for their second win over the Flames in three days.

Brown and Jarret Stoll scored first-period goals before Brown added an empty-netter for the defending Stanley Cup champions, who moved up to third place in the Western Conference with their 11th win in 14 games. THE ASSOCIATED PRESS

MLS

Forward Mitchell loaned to NASL

The Vancouver Whitecaps have sent centre back Carlyle Mitchell to FC Edmonton of the North American Soccer League on a season-long loan, the club announced Monday.

The club also confirmed that centre back Johnny Leveron, captain of the Honduran Olympic team, and midfielder Paulo Jr. have received their Canadian work permits and will arrive in Vancouver on Tuesday.

They are expected to train with the club Wednesday. METRO

Carlyle Mitchell of the Vancouver Whitecaps FC GETTY IMAGES

Schroeder's 'hit a wall,' and so have Canucks

NHL. Roster changes may not be enough to turn around a power play that's 1-for-25 in the last nine games

CAM TUCKER
cam.tucker@metronews.ca

With one win in their last seven games and Ryan Kesler still nursing a broken bone in his foot, the Vancouver Canucks recalled centre Andrew Ebbett from the Chicago Wolves on Monday.

Rookie Jordan Schroeder has also been re-assigned to Chicago.

Schroeder, who had been seeing time on the point for Vancouver's top power-play unit, scored his first two National Hockey League goals back on Feb. 9 against Calgary, but he'd gone the last 13 games without finding the back of the net.

"We believe that Jordan's got a tremendous amount of upside and that at some point here he's going to be able to contribute and help us out," head coach Alain Vigneault told reporters Monday.

"But at this time we felt that he had sort of hit a wall a little bit in the last little while here. Offensively it's been a little bit challenging for him and he's supposed to be an offensive player 5-on-5 and on the power play."

Meanwhile, Ebbett had seven points in his last five games with Chicago, and 11 points in his last eight games.

It's hard to imagine Ebbett being the answer to the Canucks' current problems, though.

Their power play is ice cold, having failed to score in the last eight games.

It is 1-for-25 in the last nine games.

The Canucks have been plagued by defensive breakdowns throughout a swoon that has displaced them from the top of the Northwest Division, which the local team has claimed four years running.

The Blue Jackets, who occupied the bottom of the Western Conference standings for most of the lockout-shortened season, have reeled off five consecutive wins and are four points behind the St. Louis Blues for the final playoff spot in the conference.

Rookie Jordan Schroeder has been sent down to the AHL's Chicago Wolves. RICH LAM/GETTY IMAGES FILE

Growing pains

"But at this time we felt that he had sort of hit a wall a little bit in the last little while here."

Canucks coach Alain Vigneault on Jordan Schroeder's development

CFL. WR Iannuzzi uses Ivy-league smarts at the bargaining table

B.C. Lions wide receiver Marco Iannuzzi signed a contract extension with the CFL team in a deal that was announced Monday. CONTRIBUTED/B.C. LIONS

Marco Iannuzzi's thirst for education has taken him to prestigious Harvard University and he is now involved in a wealth-management group outside of football.

So he decided to learn more about the business end of the Canadian Football League and contract negotiations, as he set about working toward an extension with the B.C. Lions.

On Monday, the Lions announced a contract extension for Iannuzzi, the 25-year-old non-import receiver from Calgary. Iannuzzi was set to enter the option year of his original contract with B.C.

Contrary to his first talks with the Lions following his first-round, sixth-overall selection in the 2011 CFL draft, Iannuzzi went into this round of negotiations without his agent, Tim Fleiszer.

That was for no other reason than Iannuzzi wanting to get in the room with general manager Wally Buono and learn about the process.

"It was a learning experience on not only my negotiation but just asking Wally questions about the league," Iannuzzi said Monday.

"When you can spend an hour with Wally ... and you can pick his brain a little bit, you can't lose there."

Iannuzzi had a productive sophomore season with B.C.

He had 30 catches for 353 yards and five touchdowns during the regular season. His five receiving touchdowns tied him with Arland Bruce and Shawn Gore for most on the team.

CAM TUCKER/METRO

4 SPORTS

Vikings deal disgruntled wide receiver to Seahawks

The Minnesota Vikings have reportedly traded wide receiver Percy Harvin to the Seattle Seahawks for a package of draft picks. THE ASSOCIATED PRESS FILE

NFL. Minnesota trades Percy Harvin for a package of draft picks

Percy Harvin is headed to Seattle, and Adrian Peterson isn't happy about it.

Harvin, Minnesota's moody and multi-talented young wide receiver, will join the Seahawks for a package of draft picks that includes Seattle's first-round selection next month, No. 25 overall. Two people with knowledge of the deal confirmed the details Monday to The Associated Press on condition of anonymity because the trade won't be official until the league's new year begins Tuesday and Harvin passes a physical.

The 24-year-old Harvin will give second-year quarterback Russell Wilson a dynamic playmaker not yet at his peak. His departure from Minnesota will leave an even bigger void in a group of receivers that was already one of the thinnest in the NFL — and at least one disappointed former teammate in Peterson, the star running back and league MVP.

"The best all-around player I ever seen or you'll ever see! Goes to Seattle! I feel like I just got kicked in the stomach. Several times!!!" Peterson posted on Twitter.

Foxsports.com first reported the trade, which will also send Seattle's seventh-round pick this year and third-round selection in 2014 to Minnesota for Harvin.

THE ASSOCIATED PRESS

Injury concern

Percy Harvin, who is listed at 5-11 and 185 pounds, will enter the fifth and final season of his rookie deal with a $2.9-million US salary.

Soccer. Canada advances to Cyprus Cup final

Christine Sinclair scored the game's only goal and Canada advanced to the final of the 2013 Cyprus Women's Cup with a 1-0 win over the Netherlands on Monday.

Canada finished in the top spot in Group B with a 3-0 record.

Sinclair scored her 145th career international goal in the 42nd minute.

Canada will now move on to face England.

THE CANADIAN PRESS

Christine Sinclair

THE CANADIAN PRESS FILE

NFL

Ravens send WR Boldin to San Fran

Here's a Super Bowl twist: A guy who helped Baltimore beat San Francisco for the NFL title is now a 49er.

San Francisco acquired wide receiver Anquan Boldin from the Ravens for a sixth-round draft pick on Monday. Boldin, a star in Baltimore's run to the Super Bowl title last season, must pass a physical to complete the deal.

The Ravens announced the trade on Monday.

Boldin had six catches for 104 yards and a touchdown in the Ravens' 34-31 Super Bowl victory over the 49ers.

But he was due $6 million US in 2013, the final year of his contract. After Boldin and the Ravens failed to agree on a restructured deal, Baltimore worked out a deal with San Francisco rather than simply cut him from the roster.

THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Do something out of the ordinary today, something shocking. With Mars, your ruling planet, moving into your birth sign you don't care who you astonish. You only care that you get noticed.

♉ Taurus
April 21 - May 21
Honesty may not always be the best policy, as you will discover today. If someone asks what you think of something you will tell them, only to find they did not want the truth, they wanted flattery.

♊ Gemini
May 22 - June 21
You need to follow up on an idea. If you don't, you could find that someone else has beaten you to it and you won't be happy. Don't worry that it's not perfect yet, just start.

♋ Cancer
June 22 - July 23
Someone you may not have been on good terms with lately will offer you good advice. Don't be too proud to take it. There is no point in trying to force through changes that are not going to work.

♌ Leo
July 24 - Aug. 23
Whatever you say and whatever you do over the next 24 hours, you must act on the assumption that you are being watched by people in positions of power. Make sure you put on your best front.

♍ Virgo
Aug. 24 - Sept. 23
Social activities will bring a lot of pleasure today and if you don't make any new friends it can only be because your old friends refuse to share you with the rest of the world. It's nice to be popular.

♎ Libra
Sept. 24 - Oct. 23
Just because you can't see the path you should be taking does not mean you should give up. Trust your instincts and let them guide you. They are linked to a higher power that knows what you need.

♏ Scorpio
Oct. 24 - Nov. 22
Try to be constructive in your criticism, even though you may have to look hard to find something positive to say about a colleague who has done something silly.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be eager to get started on something that has fired your imagination but make sure you've done your homework before you commit yourself. It won't only cost you time but money as well.

♑ Capricorn
Dec. 22 - Jan. 20
Don't make too many plans. Conditions are changing fast and you will need to stay flexible if you are going to make the most of approaching upheavals. You have everything to look forward to.

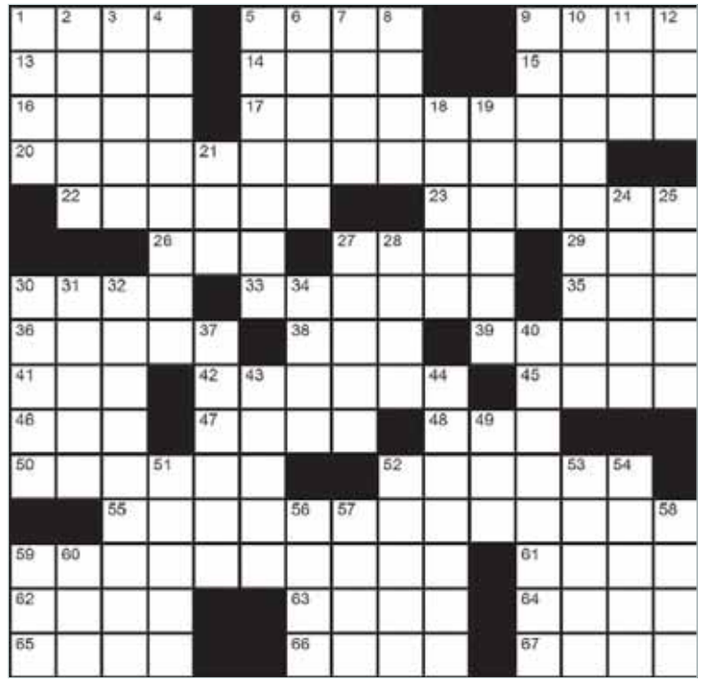
♒ Aquarius
Jan. 21 - Feb. 19
You may have to push yourself to complete certain tasks but it will be an effort worth making. People in positions of authority will be impressed by your sense of duty.

♓ Pisces
Feb. 20 - March 20
If you desire something strongly enough you will find a way to get it, though it may not arrive in quite the way you intended! Be flexible and be ready to receive what the universe wants to give you.

SALLY BROMPTON

Crossword: Canada Across and Down

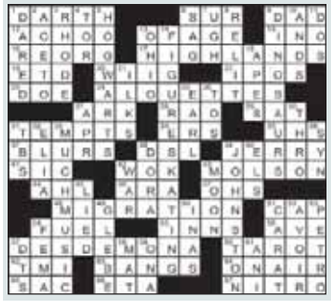
BY KELLY ANN BUCHANAN



Across
1. Hoodwink
5. Taxis
9. Bit of Beatles: "I __ _ film today, oh boy..."
13. Walk worriedly
14. One of Esau's biblical wives
15. "South Park" co-creator Mr. Parker
16. Celebes buffalo
17. Singer/songwriter Alanis
20. "Girl With a Problem" band from Saskatoon, The __ __
22. Prevail
23. __ Beach, South Carolina
26. 'Angel' add-on (Brad's love)
27. Take a seat tiredly, __ down
29. 'Event' suffix
30. "Smooth Operator" singer
33. Sacred place
35. Turkey
36. Some speeds
38. '_' __ for Ottawa
39. Church topper
41. Ms. Zellweger, for short
42. __-__ garage
45. Bellowing
46. "Was that _ __?"
47. Drove
48. Prefix with 'dermis'
50. Guard
52. Buys
55. PEI to New Brunswick link, __ Bridge
59. Acadian heroine in Longfellow's epic poem
61. Corn lily
62. Balmy
63. Fewer
64. Naughts
65. Christian of 'Batman' movies
66. Commotions
67. Liza Minnelli's ex-husband DavidT

Down
1. Traverse
2. Adventurer's watercraft
3. Squirrel's prize
4. Non-vegan fare: 2 wds.
5. Picture takers
6. Love lots
7. Farm building
8. Transport
9. Ranch animal
10. Creator's cocoon: 2 wds.
11. Soaked
12. Sailor's 'yes'
18. Mr. Cowell
19. Communicates via the Internet this way
21. Attila the __
24. Sweets shop, __ Secord
25. Respected person
27. "The __ Is Right"
28. Sister on "The Simpsons"
30. Guitar attachment
31. Rogers __ (Home of the Vancouver Canucks)
32. Telemarketer's foe, National __ List: 3 wds.
34. Thug
37. Powerful
40. At the photocopier
43. Montcalm's 1759 Battle of Quebec opponent
44. Hold back
49. Soup sort
51. La __ (Montreal amusement park)
52. Prefix to 'dyne' (Toothpaste brand)
53. Country music's __ Chicks
54. Dirties
56. 'Cinder' add-on (Fairytale fave)
57. Went out, as a fire
58. Magazine publisher, Conde __
59. Ambassador's abbr. abode
60. Canadian choo-choo company

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4		2		5		7	3	
	8	6						
			4					2
9		8	1					
3			9		5			7
					6	8		4
5					9			
						3	2	
	1	9		3		6		5

Yesterday's Sudoku

1	5	2	8	9	3	4	6	7
7	8	9	4	6	5	1	3	2
3	6	4	1	2	7	8	5	9
2	4	5	6	1	9	3	7	8
6	7	8	3	4	2	9	1	5
9	3	1	5	7	8	2	4	6
8	1	7	2	3	6	5	9	4
4	2	6	9	5	1	7	8	3
5	9	3	7	8	4	6	2	1

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5180 Ladner Trunk Rd.
604-946-7100
Scottsdale Mall
604-590-9011
LANGLEY
Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
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